

VITAL SIGNS

VOL. VII No. 3

Naval Hospital, Orlando, Florida

1 February 1984

They're the Tops!

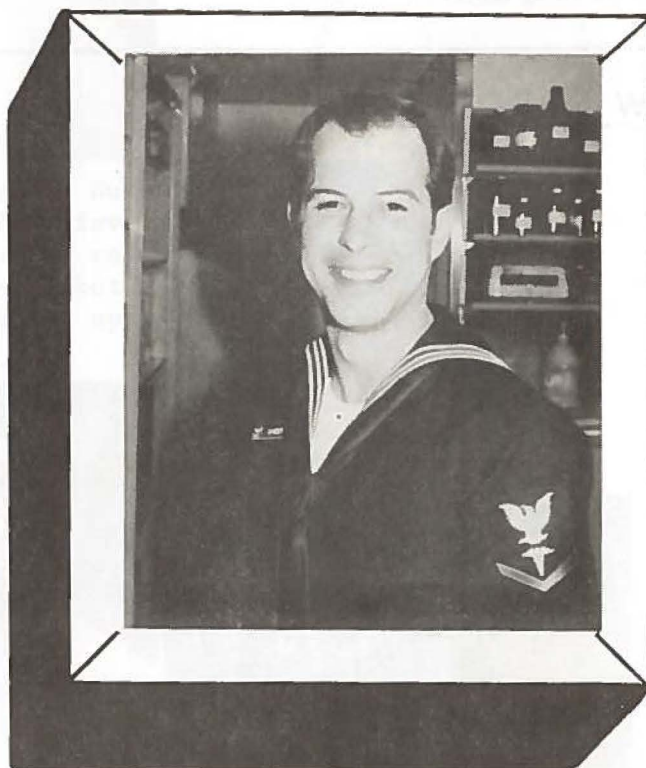
Sailor of the Year, 1983



HM1 Ruth G. Randolph, USN

Petty Officer Randolph is assigned as the Leading Petty Officer of the Dispensing Line, Pharmacy Department. She reported aboard in December, 1982, from the Branch Clinic, San Miguel, Philippines. HM1 Randolph is married and she and her husband, Leon, have three daughters: Heather, 5 years old; Kimberly, 3 years old; and Taylor, 11 months old.

Blue Jacket of the Year, 1983



HM3 John S. Bamberg, USN

HM3 Bamberg reported aboard in March, 1983 from Naval School of Health Sciences, Pharmacy School, San Diego, and has become extremely versatile in every major section of the Pharmacy. Petty Officer Bamberg is married and he and his wife, Jane, have one son, Bill, 6 years old. HM3 Bamberg hails from the state which boasts the Crimson Tide -- Alabama!

Magnatherm 1000

It's new ... It's ours



Navy Hospital Orlando now has the newest state-of-the-art diatherm machine, thanks to the Orlando Council of the Navy League of the United States. The Orlando Council presented the Magnatherm 1000 to CAPT Herr on 3 January. Present for the ceremony were, left to right, CAPT McClurkan, Executive Officer, LT Simpkins, Head, Physical Therapy Department, CAPT Herr, CAPT Howard Hickman, President of the Orlando Council of the Navy League, CAPT William Underwood, Treasurer, and CAPT Enders P. Huey, former Commander of the Naval Training Center.

WHOOOIZZIT



Do you know this staff member? The answer is on Page 12.

Smile!

The "First Foto" project of the Oakleaf Auxiliary is well on the way to becoming a popular one -- especially with the new parents! The Auxiliary has lots of volunteers ready to "man" the camera and take the pictures of the new babies. Needless to say, there is an endless supply of subjects. Cathy Hawkins is the coordinator of the project.



Mrs. Judy Colvin readies the camera as the new baby gets set for his first portrait.

"What I do today is important ...
because I am exchanging a day
of my life for it!"

Hugh Mulligan

American Red Cross

Volunteer hours

for December -



1,874

Vital Signs' Staff

Editor:

HCMC(SS) R. C. Clements, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LT Joyce E. Dresher, NC, USN

Steth-o-Scoop Reporter/Photographer:

HMI Dennis M. Downey, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN 74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds. Commanding Officer: CAPTAIN A. HERR, DC, USN. Editor: HCMC(SS) R. C. CLEMENTS, USN.

Contents of this publication does not necessarily reflect the official views of DOD. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, Room 1800, Building 500, by noon of the 20th day of the month. VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS, appropriate credit must be given.

STETH - O - SCOOP

**Vital
Signs**

By HM1 Dennis M. Downey, USN



What do you think about women serving with the FMF and at sea?



MMC William Mann, CMAA: "I don't know about the FMF, but if women want to be in the Navy, they should serve at sea and endure the separations and hardships of sea duty."



HN Theresa Flynn, Nursing Services: "I believe women have a vital role to fill in the Navy but they have to be looked upon as being equal."



John Setaro, ARC, Information Desk: "In peacetime, I would say no; but during war-time, I think they would give a good account of themselves."



LT Harvey Simpkins, Physical Therapy: "Women are a vital resource in the Navy and should be utilized to the maximum extent. Otherwise, by limiting their assignments, the Navy's effectiveness could be decreased."



Willie McNair, Linen Control: "I think it's okay. Women can do almost anything a man can do nowadays. But I don't think they should be in combat situations."



HM1 Rosemarie Draper, Out-patient Administration: "It is not for me! Even though I am in the Navy, I still want to be feminine and I think that would be difficult in the field or on a ship."

Staff Journal

Reenlistments



On 4 January, CAPT Gold reenlisted HM3 Beverly Brooks, Surgical Clinic.



On 12 January, LCDR Michael Perron administered the oath to HM2 Cynthia A. Buchanan, Inhalation Therapy.



Frockings



 CAPT McClurkan nails it on for HM1 Lorraine A. Brown, Family Practice Department.



 LT D'Heron congratulates HM2 Michael Champagne - Davis, Branch Clinic.



 CAPT McClurkan congratulates HM2 Elke Thompson, Laboratory.



HM3 Terry T. Cobb, Branch Clinic, receives congratulations from LT D'Heron.

Letters

CAPT Herr presented a Letter of Appreciation to LCDR R. A. Warcholak, MSC, on his departure from the Navy.



CAPT Herr presented HMC David Rich with a Letter of Appreciation on his separation from the Navy.



HMC Larry Mullis received a Letter of Appreciation on his transfer to the Naval Hospital, Bethesda.



HMI Bogan McQuigg received a Letter of Appreciation on his transfer to NSHS, Portsmouth, VA.

In Appreciation

On 15 December, the staff of OB-GYN, hosted a "thank you" luncheon for all of their Red Cross Volunteers. On behalf of the staff, CAPT Khoury presented the Red Cross workers with a Letter of Appreciation. Pictured above, CAPT Khoury and Mrs. Tish, Chairman of the OB-GYN Red Cross Volunteers. The Letter will be on display in the reception area of the Clinic.



Lynne Bolstein, Medical Records, Nuclear Power School, was recently awarded a Quality Step Increase for her performance. On hand for the presentation were LTJG Hibbs (on left) and LT D'Heron.

**"The fragrance always stays in
the hand that gives the rose."**

Hada Bejar

4th Quarter, 1983 Awards**Be it known by all ye present**

Naval Hospital Orlando, Florida

OUTSTANDING SENIOR PETTY OFFICER



HMC Dana E. McGowan, USN
Pharmacy Department

Naval Hospital Orlando, Florida

SAILOR OF THE QUARTER



HM1 Ruth G. Randolph, USN
Pharmacy Department

Naval Hospital Orlando, Florida

BLUE JACKET OF THE QUARTER



HM3 John S. Bamberg, USN
Pharmacy Department

Naval Hospital Orlando, Florida

CIVILIAN OF THE QUARTER



Linda D. Hewitt, LPN
Orthopedic Department

Navy Achievement Medals

CAPT Herr presented HMCS Carolyn K. Buffum the Navy Achievement Medal on 19 January. The medal was awarded for her professional achievement as the Enlisted Educational Coordinator.



HMC Charles S. Ramsey, Nursing Services' Enlisted Detailer, received the Navy Achievement Medal for his professional achievement while serving as the Medical Department Representative on the USS BOSTON (SSN-703).

Letters

... a Letter of Commendation for HM2 Tony Diaz, Operating Room, on his release from active duty.



... a Letter of Appreciation for HM1 Edward Hooker, Manpower Management, from the 348th Medical Detachment, USAR, for his assistance in coordinating physicals for their members.



... A Letter of Appreciation for HMCN Joseph Phillips, Assistant to Directorate for Administration, from the Chairman, Enlisted Navy Birthday Ball.



... a Letter of Commendation for HMC Elizabeth Waddell, Special Projects Coordinator, on her transfer to the Naval Hospital, Charleston.



... On 19 January, a Letter of Commendation for CDR Edward J. Grout, MSC, Optometry Department, from the CO, Naval Hospital, San Diego.

Good Conduct Medals

Captains Herr and McClurken with the recipients of the Good Conduct Medals: HM2 Wayne Kysor, HM3 Viviana Palomo, HM3 Felix Albino, and HM3 James Bellamy.

Athletic Achievers

Captains Herr and McClurken with the joggers receiving certificates: HMC Dana McGowan, 2,000 miles; HM3 James Reich, 50 miles; and HM3 Mara Bergs, 500 miles.



... Good Conduct Medal for HM3 Santiago Velez, Branch Clinic.



NURSING SERVICES



Column Coordinator:

LT Joyce E. Dresher, NC, USN



Column Coordinator: ENS S. E. DuLac, MSC, USN

The evolution of professional nursing

The evolution of professional nursing has been greatly influenced by the Crusades, the Renaissance, the Reformation, the Industrial Revolution, past wars and the development of modern health and science facilities. Early civilizations combined religion, medicine and nursing in one individual, and set him apart from other men. There is little evidence regarding any organized group of nurses prior to the Christian Era.

The first hospital was established in 1198 AD in Rome. Nuns and monks were predominately the nurses of western society during the middle ages. In the late 12th and early 13th centuries, as the city hospital, under civilian direction, came on the scene, a tendency to develop civilian nursing groups in the hospital was initiated. There were not always enough nurses; consequently, there was a change in their caliber, as hospitals accepted men and women who were an unfortunate product of a phase of low social morality and low standards of home life and education. Nursing had begun a decline which was to persist for a long, long, time. The growth of hospitals was slow. In over one hundred fifty years, before the American Revolution, only five hospitals appeared to have been founded in the English colonies.

The evolution of nursing as a profession resulted from the efforts of many persistent, dedicated and caring people. These early pioneers of nursing included: Mother Elizabeth Seton, who introduced the Sisters of Charity into America through their efficient service to the soldiers of France during the Crimean War. Florence Nightengale, who uncovered the disgrace of poor care of the sick in hospitals and developed a means of assuring good nursing through systematic education of selected women as nurses. Dorothea Dix, who devoted her life to the welfare of those afflicted with mental illness.

Effects of marijuana

The effects of marijuana on humans have been outlined for ready reference in a number of physiological and psychological areas:

Brain:

- is the target organ for marijuana.
- structural changes occur in the brain with use.
- actual intoxication impairs learning, memory, thought processes, comprehension and general intellectual performance.
- at moderate use levels, impairs driving skills.

Lungs:

- contains large amounts of cancer causing hydrocarbons (more than contained in cigarettes.)
- with daily usage, danger to lungs can appear in three months.
- Bronchitis and emphysema are common in regular marijuana users.

Heart and circulatory system:

- increases heart rate - up to 140 beats per minute.
- occurrence of miscarriages in users is more common than in non-users.
- among laboratory animals, abnormalities in sperm have been noted as well as damage to the male reproductive organs.

Psychological damage:

- may adversely affect psychological functioning, personality development, emotional growth and learning, especially in younger years.
- psychological damage may be permanent.
- large doses of THC can induce hallucinations, delusions and feelings of paranoia.
- thinking may become confused and disoriented.
- initial euphoria may give way to anxiety reaching panic proportions.
- moderate use is associated with school drop-outs, psychosis, panic state and adolescent behavior disorders.

Residual effects - half-life:

- some active ingredients of marijuana remain in fat tissues of the body for approximately 30 days.
- one-half of the active ingredients remain in the body for seven days.

Clara Barton, who saw hospital service during the Civil War, and directed her work afterward toward organization of the American Red Cross.

(The next article, I will continue with the Reformation of Nursing in the 19th and 20th Centuries.)

CAREER COUNSELOR'S

CORNER

HMC Patricia M. Johnson, USN

Is your brag sheet current?

If you were asked today to submit a list of all your accomplishments, achievements and creditable activities of the last year, how many would you remember? Why trust your future to your memory? Document those "attaboys," course completions, community participation, etc., AS IT HAPPENS! How do you do it? Next time you are in the Manpower Management office, ask for an "Enlisted Performance Evaluation Report - Individual Input." Even though we've had some changes in the evaluation system, the NavPers 1616/21 is still a current form. When folded, you will find that it is pretty easy to carry in your wallet or purse and it will be readily available to record that special event as it occurs.

When it's time for your next eval, submit your "brag sheet" to the person writing your eval. Don't short-change yourself -- put in your INPUT!

ENLISTED PERFORMANCE EVALUATION REPORT -

 INDIVIDUAL INPUT
 NAVPERS 1616/21 (B-10)
 S/N 0106-LF-016-1700

NAME (Last, first, middle)

DATE PREPARED

DEPARTMENT

RATE

PRESENT SHIP OR STATION

THE SUBMISSION OF THIS FORM IS A MEANS OF ENSURING THAT YOUR PERSONAL ACCOMPLISHMENTS, ACHIEVEMENTS AND CREDITABLE ACTIVITY, DURING THE CURRENT REPORTING PERIOD, ARE BROUGHT TO THE ATTENTION OF YOUR REPORTING SENIOR, THROUGH THE CHAIN OF COMMAND.

1. IN RATE AND NORMAL DUTY QUALIFICATIONS ACHIEVED

2. SPECIAL QUALIFICATIONS ACHIEVED

3. IN-RATE PROFESSIONAL DEVELOPMENT

4. OTHER EDUCATIONAL AND TRAINING ACCOMPLISHMENTS

5. VOLUNTARY NAVY RELATED CIVIC AND COMMUNITY SUPPORT ACTIVITY

6. OTHER CIVIC AND COMMUNITY SUPPORT ACTIVITY

7. COMMENDATORY CORRESPONDENCE RECEIVED DURING THIS REPORT PERIOD

8. OTHER ACHIEVEMENTS, ACCOMPLISHMENTS, AND SIGNIFICANT EVENTS/ACTIONS

NOTE: THE USE OF THE INFORMATION PROVIDED BY THE RATEE IS DISCRETIONARY ON THE PART OF THE REPORTING SENIOR. UPON COMPLETION OF THE EVALUATION REPORT, THIS FORM SHALL BE RETURNED TO THE RATEE.

The Front Line

By HMC Micki Johnson, USN

Recruit Med Board Section

The Recruit Medical Board Section is tasked with a number of responsibilities. Each medical board is administratively evaluated in a thorough manner to ensure that a disqualifying medical condition or physical disability does in fact exist. Once this is ascertained, an interview and counseling session is conducted to ensure the recruit understands his or her rights regarding the medical board proceedings. The medical documents, both past history and present findings, are perused and researched to provide a concise, complete summary of the individual's medical condition. The board is then typed and routed for signatures. The entire process averages between 5 to 7 days. In 1983, this section processed 465 recruits for separation with a variety of medical conditions. This is an average of 40 cases per month. Many of these are forwarded to higher authority for action and disposition.

Mrs. Lovie Tompkins provides the clerical support and routes the medical boards for signature and review by medical personnel. There are 15 - 20 boards being processed on a daily basis and Mrs. Tompkins can provide up-to-date status at any time. HMI John Meehan is responsible for the overall supervision and coordination, conducts the interviews and provides counseling on each recruit. He reviews each case for completeness, structure and makes recommendations. He also provides assistance to health care providers and responds to congressional inquiries.

In summary, all medical board cases are processed in a highly professional manner on a case-by-case basis. One of the objectives is to ensure that each recruit, recommended for separation, leaves the Navy with a good feeling about the Navy Medical Department. Both Mrs. Tompkins and HMI Meehan process each board in an expeditious, professional manner with that personal touch which lets people know that this is NOT "just a job!"



CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USNR

Rejoice and enjoy

A poor Brazilian fisherman was once lamenting to a missionary friend that his poverty kept him from doing all the things that could bring real pleasure into his life. As he was talking, a party of tourists passed the dock where the fisherman's small boat was tied. They immediately became an illustration to prove his point. "Those people have enough money to do anything they want to do. Today their lives will be filled with excitement while I will have to live in the same dull way," he lamented.

The missionary suggested that they ask the tourist guide what his charges would be doing during the day. The guide replied that the tourists would visit the fish market and the street markets. Then, they would board a boat and travel to a small island about twenty-five miles up the Amazon. While they were aboard the boat, they would be fed fish and rice prepared in a popular, regional manner. For the pleasure of this outing, they were paying only \$75.00 each. The face of the fisherman brightened. He excitedly told the missionary that his schedule for the day was the same as that of the tourists. He would sell his fish at the market and purchase vegetables in the street markets. His wife was preparing the same menu the tourists would be eating. That afternoon, he would arrive at the same island the tourists would be visiting. "The only difference is that I will fish there for three hours, and those people will have to turn around and return to the city," he exclaimed.

Many persons spend their lives lamenting that they have less than someone else. They are so anxious for the opportunities and freedoms others have that they completely overlook the good things God has provided for them. Life is always brighter when we look for causes for rejoicing rather than reasons for regretting in our daily experiences.



LAB LINE

CAPT P. E. Petit, MC, USN

CAP Inspection

The Main Laboratory was recently re-inspected for renewal of our CAP accreditation. CAP accreditation is the standard of excellence in laboratory medicine in the United States and involves an intensive and rigorous examination of all aspects of technical and administrative performance. When the JCAH inspects the hospital, they accept CAP accreditation and only review aspects of safety. This year, we are requesting independent accreditation for the laboratory facilities in the Branch Clinic, the Lab at the Family Practice Clinic, NTC Annex, and for the blood gas lab. The blood gas lab is actually a part of Inhalation Therapy. If we successfully withstand the inspection, our accreditation will be for two years. Dr. Gambino Cuevas, MD, the CAP inspector, was highly impressed with our equipment and level of technical sophistication for our size. We are not shy when it comes to bragging about being perhaps the best equipped Lab of any smaller military hospital. During the inspection, there is well over a thousand different performance standards that must be reviewed and evaluated. The Laboratory staff has done an admirable job getting ready for the inspection and can take great pride in their accomplishments. We stand ready, Mr. Inspector, take your best shot!



Dr. Cuevas and CAPT Petit consult on an inspection of a procedures manual.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

... in appreciation

The mark of a good supervisor and leader is the ability to motivate and inspire subordinates to accomplish the job at hand. When members of your staff do accomplish the job, and do it better than anyone else, they deserve a pat on the back. There are times, too, when you have a worker who stands head and shoulders above everybody else - the epitome of an outstanding, dedicated, loyal contributor to the accomplishment of our mission. Do you remember the old Navy saying - praise in public, reprimand in private? Well, this kind of employee should be praised in public. What avenues are open to you?

For the E-3's and below, we have the Blue Jacket of the Quarter; for the E-4's through the E-6's, we have the Sailor of the Quarter, for the E-7's and E-8's, we have the Semi-Annual Senior Enlisted Leadership Award; and, for the Civilian employees, we have the Civilian of the Quarter award. The highest award that the Commanding Officer can give, is the Navy Achievement Medal. He not only is limited in the number he can award but he must ensure it is given in recognition of superlative acts. In other words, for specific professional achievement.

How do members of our staff get to be considered for these awards? It starts with YOU! The supervisor writes the nomination and submits it to his or her Department Head and on thru the chain. Sure, it takes work -- but, the rewards are soooo great! Let's single out these deserving staff members. They're working hard for YOU, this hospital, and the Navy! Give credit where credit is due.

The Pharmacy Department made a clean sweep of the enlisted awards in the 4th Quarter, 1983. Is there another department out there that thinks they can do the same? Recognize your people - good luck "shipmates."

Health Benefits Advisor



Carol Blankenship is the Naval Hospital Orlando's Health Benefits Advisor. Carol's outer office is usually classified as "standing room only" as she, and her assistant, HM3 Wiley Tucker, smoothly handle a multitude of patients seeking assistance. Their tasks range from helping fill out forms to initiating action to trace missing documents.

Carol's expertise on health benefits and CHAMPUS information leads to many invitations to speak at formal presentations for beneficiaries as well as participation in workshops. Carol was the guest speaker at the Navy and Marine Corps retirees' seminar held recently at the Tupperware Convention Center.

Since starting in November 1982, in this busy patient contact area, Carol has greatly enhanced the image of this hospital.

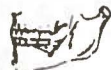
Introducing . . .



HM1 Dennis M. Downey, Education and Training Department, is the newest addition to the staff of Vital Signs. Petty Officer Downey is the Reporter and Photographer for the Steth-O-Scoop Page. HM1 Downey reported aboard on 29 November and is a Navy qualified Scuba Diver and Parachutist. Petty Officer Downey hails from Massachusetts.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN

Be a leader

I recently read an article by CAPT Paul Stichick which I would like to share with you.

"When one is associated with the military, you will, at one time or another, hear the word 'strength' -- usually in conjunction with talk about military forces and capabilities. However, there is another kind of strength that is also vital to the strength of the nation and its military forces: the strength that each of us has within ourselves. One of the most difficult times to show that inner strength is when the element of peer pressure is present. If 'the gang' is doing something that you feel is wrong, illegal or socially unacceptable, then often it is very hard to say no. Too often, you end up doing what 'they' do, while ignoring your better judgment. This is most frequently the case with drugs.

"Peer pressure plays a powerful and influential role in the development of a person, and it takes a special kind of person to stand alone in a crowd and say, 'I don't get high.' Such a response proves to yourself and shows others just how much you can resist the influence of 'the gang.' When you are known for having a 'good head on your shoulders,' you command respect and admiration from those around you. You may even become a leader in your circle of friends. And remember, those people who tend to 'follow the crowd' usually do just that for the rest of their lives. Stand up and be a leader! Say NO to drugs."

WHOOOIZZIT

It's HN Stephen Mutaali, Communications Center. HN Mutaali has been aboard since December 1980, and is planning to request reenlistment, Guard III for San Diego. HN Mutaali is a qualified pilot and has 65 hours to his credit. Ambition is to pilot a Lear Jet. HN Mutaali hails from the State of Ohio.

CRA
NOTES**New FWPC**

The Commanding Officer is pleased to announce the appointment of Gail Duncan, Operating Management Department, as Naval Hospital Orlando's Federal Women's Program Coordinator. The Assistant FWPC is Kay Slack, Operating Management Department.

The FWPC is responsible for assisting the Equal Employment Opportunity Coordinator in assuring that equal opportunity is an integral part of the overall EEO program. In addition, the FWPC will serve as an ex-officio member of the EEO Committee.

CRA BIRTHDAY GREETINGS TO: Charles Bridger on 1 Feb; James Breeden and Paul Sampson on 2 Feb; Carolyn Green on 3 Feb; Theodore Joyal and Wanda McCune on 4 Feb; Rosita Mejia on 5 Feb; Glenda Strickland on 7 Feb; Katharyn Dawsey and Leonard Vernon on 8 Feb; Janet Belanger on 10 Feb; Ethel Hendrix on 11 Feb; Marcia Reinwald on 13 Feb; Jean Vogelius on 14 Feb; Carl Hassler on 16 Feb; Betty Johns and Anthony Tabacco on 17 Feb; Marian McGlasson on 21 Feb; Pedro Marcial on 22 Feb; Paula Ehrenberg on 23 Feb; Dorothy Smith on 23 Feb; Phyllis Burke and Walter Altizer on 27 Feb.

Civilian of the Year, 1983

On 26 January, CAPT Herr presented a certificate to Mary Van den Heuvel, Manpower Management, on her selection as Civilian of the Year, 1983. Mary had previously been selected as Civilian of the Quarter, 3rd Quarter, 1983.